

ST. LOUIS ARMY ENGINEER DISTRICT

# ESPRIT

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Winner 1991-92 Army Communities of Excellence Award

September 1992

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## District wins beautification award



Maj. Brontoli, Maureen Curran and Julie Ziino accepting the award from Governor Ashcroft

The St. Louis District was selected as the 1992 winner of the Missouri Beautification Association award in the federal category.

Several District activities from Missouri were included in the nomination package by CELMS-OD-R. One was the District Office's Earth Day Cleanup, held April 22, 1992, organized by Janice Hitchcock, ED-DM, and Sharon McGee, ED-R, both of the Aluminum Can Recycling Committee. About 40 employees participated in the event.

The Riverlands Area Office's Adopt-A-Shoreline program was another key event. This on-going program is designed to encourage continuous community involvement in efforts to preserve and protect the integrity of the river shoreline through litter cleanup and other beautification efforts. Julie Ziino, OD-RM, is the contact person for organizations that are interested in participating.

Wappapello Lake's Annual Spring Roadside Cleanup was held April 25, 1992. More than 100 volunteers collected 150 bags of trash from 17 miles of highways that lead to the lake area. Andrew Jefferson is the ranger in charge of organizing this event.

(Continued on page 3)



# View from the top -

A New Direction: Integrated River Management



**COL James D. Craig**

**...teams can do more work and achieve better results than can be done by individual efforts.**

Our responsibility for maintaining navigation on the inland waterways is our oldest Civil Works mission; dating back to our first appropriation from Congress in 1824. It is also one of our most important missions, considering the impact on the national economy and the fact that an entire industry relies on us to do our job well. Our ties to the river are especially strong here in the St. Louis District. We take pride in our association with some of the great names in America's riverine history: Marquette, Joliet, Lewis and Clark, Lee, Shreve, Eads and Strauser.

Over the years we have done an outstanding job of maintaining a safe and dependable navigation channel through extended periods of drought and we have recently won recognition for our innovative designs and applications. However, our navigation successes did not come cheaply; certainly not in terms of the many millions of dollars we spend every year (for example, to maintain the navigation channel, we spend on the order of \$10 million each year on dredging and an additional \$6-7 million on regulating works. Corps-wide, approximately \$400 million is spent annually on dredging), or in terms of the many man-hours of technical skills applied to the work or in terms of the environmental or recreational impacts. As we accomplished our navigation mission, we also tended to specialize our workforce, confining our expertise in restrictive compartments so that we had expert dredgers, expert dike and revetment designers, expert lock and dam operators, expert reservoir regulators, etc. With such an arrangement it was inevitable that our work would sometimes conflict with other river resources. We altered habitat and contributed to environmental problems and, at times, we failed to consider recreational, real estate or regulatory issues and opportunities.

Last year we began thinking about ways for the District to carry out its river-related missions with greater efficiency - how we could survive with fewer people and reduced funding. We came to endorse a basic concept of management theory: That teams can do more work and achieve better results than can be done by individual efforts. With this premise in mind, we began adopting an Integrated River Management (IRM) system in which joint recommendations by OD and ED would help me decide when to mobilize dredges, where to dredge, how much material to remove and where to dispose of the excavated material. Our attempts to improve dredging efficiency also complemented the regulating works program, in which we employ dikes and revetment to reduce the amount of dredging required at critical sites. (Continued on page 10)



**US Army Corps  
of Engineers**  
St. Louis District

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## Commander's Award for Riverlands Office

The Riverlands Area Office has received the Commander's Award for Civilian Service from LTC Hatch, Chief of Engineers, just before his retirement, for their exceptional teamwork, commitment, initiative and service resulting in the advancement of environmental goals on behalf of the U.S. Army Corps of Engineers and the nation.

According to the award, since its inception in 1988, the Riverlands Area Office staff has exemplified leadership, particularly with the development of the Riverlands 2000 Action Plan which articulates the importance of environmental

programs at Corps' water resource projects. Through stewardship and partnership, Riverlands 2000 demonstrates the Corps' collective resolution to advance environmental goals.

These initiatives and accomplishments are a direct result of the diverse capabilities and broad spectrum of talent found throughout the entire St. Louis District team. The Riverlands Area Office's pattern of excellence and commitment to promoting environmentally sustainable development is a tribute to the Corps and, more importantly, to those we serve - the American public.

## District hosts program for science teachers

Four Hydrologic and Hydraulics Branch personnel hosted 110 secondary teachers who were participating in a five day Rivers Curriculum Training Course. Ted Postol and Roger Myhre, Environmental Quality Section, gave slide presentations and provided hands on demonstrations of water quality instrumentation at the Service Base. They spoke on the Corps' role in water quality, biology, chemistry and environmental compliance.

Later on the same day, the Rivers Curriculum participants came to the District Office. They were given a two hour discussion and hands-on project on topics that related to the Mississippi River. They were welcomed by James T.

Lovelace, Chief, Hydrologic and Hydraulics Branch. Claude Strauser, Chief, Potamology Section and Bob Mesko, Geodesy, Cartographic and Photogrammetry Section gave slide presentations. After the presentations, the teachers were given hands-on assignments related to the creation of hydrographic surveys. This was followed by tours of the ED-HG CADD room and the ED-HP Water Control Management Office. The demonstrations and discussions in the Water Control Management Office were led by Ray Kopsky. The demonstrations and discussions in the CADD room were led by Al Berman.

## Tow mishap at L&D 24

On the evening of July 17, because of severe outdraft conditions on the approach to the lock, the southbound towboat Roberta Tabor, with 15 loaded barges, struck the riverwall at Lock and Dam 24. The impact broke wires throughout the tow. The tow topped around the end of the wall and was swept down onto the dam. Luckily the boat landed on the east side of the dam in the silted in area and was unharmed. But its barges went into the dam.

The boat was able to pull six barges from the dam shortly after impact. Nine remained in the dam, three of which were taking on water.

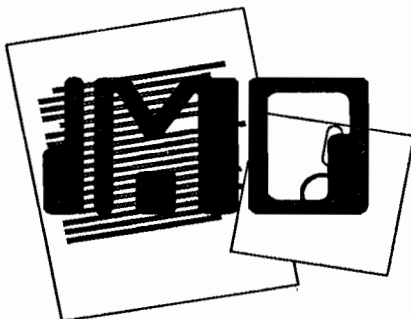
Efforts were coordinated between the Coast Guard, towing industry and the Corps to begin removing barges at daylight. During the night maintenance personnel from the lock and tow boat crews from waiting boats kept pumps running and also recoupled wires. All the barges were removed by 2 p.m. the next day.

This is another instance that demonstrates the coordination and cooperation of river interests in the St. Louis District.

## Beautification cont.

Mark Twain Lake's Earth Day Celebration was also held April 25. Two hundred volunteers participated in several activities including litter cleanup, wildflower seed planting and tree seedling planting. Diane Hellhake was the coordinator for this event.

The District is honored to receive this recognition from Missouri for our environmental stewardship efforts. We are equally proud of similar programs at our field offices in Illinois.



By now everyone is aware of the impact that microcomputers have had in the business world. It seems that the first thing many of us do each morning is turn on the PC and the last thing we do before leaving the office each evening is turn the PC off. The PC has infiltrated every aspect of Corps business and even travels with us to the field. Our executives stay connected to the office via notebook computers capable of receiving mail from anywhere in the world. We have utilized networking technology to build local workgroups, office information systems, District-wide mail capability and a world-wide Corps digital communication capability. All of this automation and connectivity has introduced new ways for things to "come unglued" and I would like to drop a couple of hints that may help to avoid some problems.

All employees that work in the RAY Building are connected to the Local Area Network (LAN). This LAN is actually many small subnetworks that are joined together by special communication hardware that allows transparent network to network data sharing. The person sitting next to you may be on a different subnet and normally the users of this system never realize when network boundaries are crossed. However, some of the subnets must have special programs available that are not compatible

with other subnets. These program conflicts can cause entire sections of the network to fail when PCs are mistakenly connected to the wrong subnet. For this reason it is essential that the IMO be contacted to relocate PCs during office relocations or when personnel move to different work areas.

Since January of this year, the capability to allow users to dial into the District LAN has existed. In this way, field offices have access to E-Mail and the other programs available through the network. Any PC equipped with a MODEM and a special software program called PC-Anywhere has this capability. The PC-Anywhere software costs \$95 per copy. If you routinely use a portable computer and have a need for this capability, please submit a request to the IMO. We will be happy to install the software, provide a short training session and written instructions that detail how to access the LAN, receive E-Mail and exchange data files.

On the standard LAN menu, options under the communications item provide dial-up access to many computer systems in other Corps offices, government agencies, universities and private concerns. There are two programs, Crosstalk and Vistacom, that can be used to provide access to the world outside the St. Louis District. These programs utilize special communication hardware, shared MODEMs and telephone lines to provide this service to all District users at the lowest possible cost. The IMO has prepared special menu options that streamline the setup and connection process for most of the remote systems that are frequently used. If you have a system that needs to be accessed, or have had trouble with using one of the generic DIAL options, please give the Customer Support Center a call. We may be able to create a menu option to streamline the connection process for you.

## Coming Events at the lakes

### MARK TWAIN LAKE

Sept. 26 Fall Festival, South Spillway

### REND LAKE

Sept. 12 Take Pride in America Lake Cleanup

Sept. 26-27 National Hunting and Fishing Day (Logan College)

### WAPPAPELLO LAKE

Sept. 19 2nd Annual Handicapped Fishing Day

### CARLYLE LAKE

Sept. 12 Public Lands Day  
Sept. 26 National Hunting and Fishing Day

### LAKE SHELBYVILLE

Oct. 1 16th Annual Eco-Meet  
Oct. 24 (tent.) Lake Shelbyville Photography Contest

Nov. 20-22 Physically Challenged Deer Hunt



LMO moved the weekend of September 4, 5 and 6. A detailed list of personnel location and telephone changes, if any, will be forthcoming.

## Transportation News

**DYNASTAR MAINTENANCE MANAGEMENT SYSTEM:** The District will soon be implementing the Dynastar Maintenance Management System. This system was chosen by Division as the most economical and innovative out of several systems tested. Once Dynastar is installed at field sites, they will have the ability to track preven-

tive maintenance, create and print daily work schedules, create work orders, track all maintenance costs and parts usage and much more.

A mix of District employees attended training on Dynastar in Vicksburg and found it to be a very thorough system. Training will be held in the St. Louis District sometime in the future. Watch for updates and visits from District office personnel.

**TRAVEL RESPONSE CARD:** A Travel Response Card will soon be distributed along with your airline tickets. We would like you to give us your opinion on the services provided by LMO, Carlson Travel Service, rental car companies and hotels. Your input is very important and we appreciate any comments you may have on improving our travel program.

**AIRLINES ELIMINATING EXTRAS TO LOWER COSTS:** It's no news that airlines continue to lose money and are "pinching pennies" as never before. To further reduce costs, TWA announced it will eliminate meal service on shorter flights, even in first class (this eliminates food

costs and reduces the number of flight attendants). Delta Airlines now serves stirrers rather than spoons on economy class meal trays. Many airlines are also restricting distribution of system timetables. Do not expect things to improve in the near future.

## Acquisition News

**RECYCLED PRODUCTS CATALOG AVAILABLE:** Setting an example in conservation with recycled products is an ATTITUDE IN PRACTICE. This exciting opportunity is simplified by the availability of numerous EVERYDAY USE PRODUCTS.

**SCIT-STANDARD TOOLS PROGRAM CATALOG:** A catalog from GSA for standardized tools from Skil, Snap-On, Makita, Millers Falls, Ingersoll-Rand, Easco Hand Tools and many others is now available. It provides detailed item descriptions, parts information, etc.

Either or both catalogs can be easily ordered by a memorandum to CELMS-LM-S or an E-Mail response to MOOREB.

# Five steps to burglar-proof your home



**From your  
Crime  
Prevention  
Council**

Louisville. Fear can persist for months or years.

When thieves enter your home, they steal something even more valuable than property: peace of mind. And the psyche heals slowly, according to the National Crime Prevention Institute at the University of

Even worse, according to government statistics, fully 13 percent of thieves encounter someone inside the house. About one-third of those encounters result in violence, ten percent of which are rapes. Daylight isn't much help. Over one in three home robberies occur during morning hours when people are at work and children are at school.

The best protection is prevention. Here are five recommended steps you can take.

\* Protect entrances. Install deadbolt locks. If the burglars are denied entrance for only one

minute, they will probably leave, say police. Sliding glass patio doors should be reinforced with a locking metal rod that jams the rack. In high crime areas, consider bars on basement windows.

\* Make your home visible. Don't let bushes cover windows, or let fences obscure the view of the property from the street. Keep the exterior of the home lighted with security lights.

\* Install an alarm. Some basic systems cost as little as \$400. Economical systems sound an alarm, and more expensive units  
(Continued on page 9)



# On The Soapbox

## Around the District

Gary Dyhouse, Chief, Hydrologic Engineering Section, lectured at a Waterways Experiment Station training course on Hydraulic Design for Engineers and Planners. His topic was the hydraulic design studies necessary for both feasibility investigations and for design memoranda, concentrating on the hydraulic design of pumping stations.

## Lake Shelbyville

Park Manager Winston Campbell and Park Ranger Mike Skinner each spoke on Shelbyville's radio show, "Talk of the Town." Winston talked about flood control at the lake and its affect on the Mississippi. He also spoke about shoreline erosion, while Mike talked about the upcoming hunting season.

Chris Cook, commonly known as the Golden Voice of Lake Shelbyville, did a fantastic job of broadcasting the lake report on various radio statons this summer. Chris, a summer aid, gave the lake report every week to 10 stations, reporting fishing information, upcoming events, as well as weekly safety tips.

## Wappapello Lake

Park Ranger Andrew Jefferson did an exclusive report on the Ozark Trail with the Puxico Press newspaper. He also did three radio interviews and a newspaper interview with a Poplar Bluff newspaper. On a radio interview with KBOA in Kennett, Missouri, he promoted upcoming events, safety and holiday weekend activities. In the other interviews he promoted Old Greenville Days.

Park Ranger Doug Nichols did four live interviews for the "Out-

door Show" on KJEZ in Poplar Bluff. Among his topics were water pollution on Big Creek, Chaonia Landing Boatramp rehabilitation, duck blind registration and Old Greenville Days.

Park Ranger Rebecca Hays and internist Gary German did a live radio interview on KMPL in Sikeston, Missouri. They talked about Gary's internship, recreation, fishing and Old Greenville Days.

## Carlyle Lake

The Carlyle Lake Interpretive Staff, with the help of other rangers and volunteers, have been busy giving programs this month. Besides regularly scheduled programs and special events, ten special request programs were given.

## Mark Twain Lake

Park Rangers Shelly Basinger, Mike McAfee and Shane Andrews staged water safety puppet shows for visitors at the Quincy Mall. The puppet shows reached the younger audience with a safety theme.

Park Ranger Maureen Curran appeared on news programs on KOMU-TV, Columbia, Missouri, and KHQA-TV, Quincy, Illinois, to promote the Salt River Folklife Festival.

## Rend Lake

Several special request programs were presented by interpretive rangers at the lake during August. Topics included water and boating safety, fire safety, snakes and wildlife. More than 250 people attended these weekly programs. Weekend rangers have been conducting about 12-15 programs every weekend on subjects ranging from canoe safety to rabies to prairie restoration.



## Apology

The Equal Employment Opportunity Office regrets that the article "Why women should not be allowed to vote" was printed without a statement that reads "that was then." Now women are not represented by anyone other than themselves. This article should not have been published without a disclaimer. The Equal Employment Office and the St. Louis District apologize for the perceived insensitivity.

Maggie J. Patterson

## Lithia Springs Living History

The Lake Shelbyville Interpretive Staff, along with Lawrence Williams from Riverlands and several volunteers, presented the 2nd Annual Lithia Springs Chautauqua Living History Tours.

More than 150 visitors were taken back in time to the late 1890s to a small historic valley located at Lake Shelbyville. The valley, known as Lithia Springs Chautauqua, saw many famous speakers, including William Jennings Bryan and Booker T. Washington.

Dressed in turn of the century costumes, the rangers and volunteers portrayed some of the people who were instrumental in the formation of this once famous summer resort.





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## News Briefs

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### New Commish

Ron Jones, IM-R, was recently elected as Softball Commissioner at the Surrey Lane Athletic Association in north St. Louis County. Ron adds these duties to his existing ones as manager of girls teams in softball, soccer and basketball, and as manager of a boys T-ball team.

### New Director

BG Pat M. Stevens, IV, formerly the Commander of the Lower Mississippi Valley Division, has been appointed Director of Military Programs of the U.S. Army Corps of Engineers. A new division commander has not yet been announced.

### Aqua-Fest '92

Aqua-Fest '92, organized at Lake Shelbyville by Stay-In-School Terri Morris, was a huge success. The event teaches children as well as adults safe swimming and life saving techniques. Participants practiced their skills through games and relay races. Everyone received prizes donated by local businesses.

### Lake Lights

Summer Lake Lights Parade was held on Lake Shelbyville from Lithia Springs Marina to the dam area. The banks were lined with people who came to watch the boats decorated with light displays.

### Indian Festival

The 6th Annual Okaw Indian Festival was held on August 15th at Lake Shelbyville. Perfect weather greeted the 4,000 visitors who came to learn about Native American Indians in this area through displays, crafts and demonstrations.

### Appreciation award

Park Rangers Kim Mayhew, Josh Amason and Deanna Smith of Carlyle Lake were presented with an award from the Hoyleton Children's Home in appreciation for the educational programs they presented throughout the summer. The programs were designed to expand the children's appreciation and understanding of our environment.

### Photo contest

Carlyle Lake has invited all amateur photographers to participate in the 6th Annual Carlyle Lake Photography Contest. Anyone who takes a snapshot of the lake's parks or natural areas during the 1992 season can submit it and compete against other amateurs. First, second and third place winners will be announced on September 26 at the National Hunting and Fishing Day festivities.

### Carlyle Triathlon

In 1987 and 1988, the Carlyle Lake Triathlon established itself as a premier midwest event. With the determination of Huey/Ferrin/Boulder Fire Department, Carlyle's McDonald's and Mercantile Bank, this popular event returned to Coles Creek Campground on Sunday, August 30. About 200 participants took part in the 1.5K swim, 40 K bike ride and 10K run. Because of local business support, the triathlon was a success.

### Welcome Hall

Carlyle Lake would like to welcome Mrs. Norma Hall as its newest park ranger. Norma, as many of you know, was an EEO

specialist in the Equal Employment Opportunity Office.

### Indian Pow Wow

The First Annual Mark Twain Lake Indian Pow Wow was held on August 7-9. Sponsored by the Thunderbird Society, the event attracted several thousand people despite the heat.

### Folklife Festival

The 12th Annual Salt River Folklife Festival at Mark Twain Lake was held in Florida, Missouri, August 15 & 16. This year's event was the most successful ever, with more than 43 crafters dressed in clothes authentic to the 1800s. There were six food vendors. A new addition to the event was a Civil War Encampment, featuring live mules and several skirmishes.

### Old Greenville Days

The First Annual Old Greenville Days at Wappapello Lake drew a crowd. The Greenville Campground was full. Activities included a memorial at the Union Cemetery, arts and crafts displays, bluegrass music, guided tours of "Memory Lane," and Civil War encampments and skirmishes. Some 283 people took the guided tour. Total visitation for this two-day event was 10,408.

### Lake Cleanup

The 6th Annual Take Pride in America Lake Cleanup at Rend Lake will be held on Saturday, September 12. This year's cleanup is a cooperative effort among the Corps, the Illinois Department of Conservation and the Rend Lake Conservancy District. More than 700 volunteers are expected to

(continued on page 10)



# **\$ – Promotions & Incentive Awards – \$**

**PROMOTIONS:**

Earl Traynor, OD  
Paul Nagle, OD  
Robert Gibson, OD  
Robert Blankenship, OD  
William Dinwiddle, OD  
Shirley Bledsoe, PO

**EXCEPTIONAL PERFORMANCE RATINGS:**

Hazel Schnatzmeyer, CASU  
Karen Blum, CASU  
Jay Fowler, CD  
David Mueller, CD  
Dennis Seibel, CD  
Charles Alday, CD  
Paul Schmidt, CD  
C. Roskilly, CD  
Robert Terry, CD  
Siegmar Groetsch, CD  
Edward Berghoff, CD  
James Keen, CD  
Lenn Martin, CD  
Max Williams, CD  
Jack Niemi, DP  
Richard Schaumburg, DS  
Chuck Franco, DX  
Michael Rector, ED  
Shane Nieukirk, ED  
John Harshbarger, ED  
Charles Turlin, ED  
Richard Kozeny, ED  
Gregory Dyn, ED  
Alan Berman, ED  
Claude Strauser, ED  
Edward Riiff, ED  
Bobby Hughey, ED  
Melvin Baldus, ED  
Milan Hornak, ED  
Raymond Kopsky, ED  
Gregory Perkins, ED  
Michael Klosterman, ED  
Diadra Henley, EEO  
Jon Eckles, IM  
Ronnie Singleton, IM  
Steve Johnson, IM  
Angela Zimmerman, IR

Barbara Collier, LM  
Terence Kelley, OC  
Lonnie Forrest, OD  
Joe Rown, OD  
Robert Banning, OD  
Donna Henrichs, OD  
Annette Wolf, OD  
James Lynch, OD  
Walter Feld, OD  
Paul Boyd, OD  
Michael Abernathy, OD  
Tonette Long, OD  
Teresa Montgomery, OD  
Michael McClendon, OD  
Winston Campbell, OD  
Norma Browning, OD  
Ladonna Supancic, OD  
Paul Kornberger, OD  
Thomas Johnson, OD  
Timothy George, PD  
David Leake, PD  
Anson Eickhorst, PD  
Deanne Strauser, PM  
Michael Dace, PM  
William Sutton, PM  
Kathy Tober, PO  
Oleva Robinson, PO  
Carl Huber, RD  
Jennifer Watkins, RE  
Steele Beller, RE  
Hilda Meadows, SO

**PERFORMANCE AWARDS:**

Todd Stoeckel, CASU  
Arthur Taylor, CASU  
Hazel Schnatzmeyer, CASU  
Clarice Trigg, CD  
Edward Berghoff, CD  
Jerry Brooks, CD  
Howard Turner, CD  
Mary Tayon, CD  
Lenn Martin, CD  
Siegmar Groetsch, CD  
Victor Behrmann, ED  
Robert Davinroy, ED  
Leland Lanzner, ED  
Roger Myhre, ED  
Richard Kozeny, ED

Diadra Henley, EEO  
Terry Miller, OD  
Kevin Curran, OD  
Charles Johnson, OD  
Kenneth West, OD  
Michael Abernathy, OD  
Paul Boyd, OD  
Teresa Montgomery, OD  
Louella Fouts, OD  
Robert O'Shea, OD  
Tonette Long, OD  
Edward Ewing, PM  
Oleva Robinson, PO  
Roberto Escalera, RE  
Jennifer Watkins, RE

**QUALITY STEP INCREASES:**

Charles Turlin, ED  
Ladonna Supancic, OD  
Steele Beller, RE  
Hilda Meadows, SO

**SPECIAL ACT AWARDS:**

Marie Dubach, CASU  
Michelle Arnol, CASU  
Rita Pulley, CASU  
Regina Pucel, CT  
Terry Laws, CT  
Kathleen Souders, CT  
Ida Morris, CT  
Nancy Messerli, CT  
Gary Schmidt, ED  
Donald Coleman, ED  
Jeffery McMahon, ED  
Bonita Toennies, ED  
Carol Kreutzer, ED  
Calvin Mooney, ED  
Edward Pelc, ED  
William Meldrum, ED  
Sharon McGee, ED  
Melvin Baldus, ED  
Arthur Johnson, ED  
Robert Mesko, ED  
Richard Hagan, ED  
Sharon Hornback, ED  
David Busse, ED  
Jule Bartels, ED





Donna Zoeller, ED  
Chien Hsieh, ED  
Frances Wachter, ED  
Avenant Melidor, ED  
Jack Rhodes, IM  
Carole Pitzer, IM  
Charlene Boecklen, LM  
Maureen Wagner, LM  
Renee Travis, LM  
Cynthia Morales, LM

William Moore, LM  
Sharon Ward, LM  
Linda Hicks, LM  
Lori Weber, LM  
Barry Lloyd, LM  
Barbara Collier, LM  
Stephen Trebs, OD  
Lucien Bailey, OD  
Roger Hayes, OD  
Rhonda Smith, OD

Stephen Summers, OD  
James Fox, OD  
Michael Dace, PM  
Natta Gill, PM  
Kathy Tober, PO  
Carl Huber, RD  
Cynthia Gan, RE  
Sharlene Caulley, RE

# Political do's & don'ts for federal employees

The following list contains examples of both permissible and prohibited political activities for federal employees.

- \* MAY register and vote as they choose
- \* MAY assist in voter registration drives
- \* MAY express opinions about candidates and issues
- \* MAY participate in campaigns where none of the candidates represent a political party
- \* MAY contribute money to political organizations or attend political fund raising functions
- \* MAY wear or display political badges, buttons or stickers
- \* MAY attend political rallies and meetings
- \* MAY join political clubs or parties
- \* MAY sign nominating petitions
- \* MAY campaign for or against referendum questions, constitutional amendments, municipal ordinances

- \* MAY NOT be candidates for public office in partisan elections
- \* MAY NOT campaign for or against a candidate or slate of candidates in partisan elections
- \* MAY NOT make campaign speeches or engage in other campaign activities to elect partisan candidates
- \* MAY NOT collect contributions or sell tickets to political fund raising functions
- \* MAY NOT distribute campaign material in partisan elections
- \* MAY NOT organize or manage political rallies or meetings
- \* MAY NOT hold office in political clubs or parties
- \* MAY NOT circulate nominating petitions
- \* MAY NOT work to register voters for one party only

An election is partisan if any candidate for an elected public office is running as a representative of a political party whose presidential candidate received electoral votes in the last presidential election.

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## Burglar-proof your home (cont.)

also automatically call police. Be sure to place decals on windows and doors to announce the system to burglars.

- \* Form a neighborhood watch group so neighbors can protect each other. Agree to watch homes in your neighborhood, and ask neighbors to watch yours.

\* Don't tell your vacation plans. Rather than having mail and newspapers stopped, ask a neighbor to pick up papers. Thieves often hear about your absence when others mention that you are gone.

If you waken and hear a burglar in your home, don't confront him

directly. Instead, get out of the house and call police. If you hear a burglar in your bedroom, pretend you are sleeping until the burglar leaves. Most burglars won't attack unless you confront them or frighten them.



## News Briefs (cont.)

participate this year.

It will begin with check-in at the Visitor Center from 8 to 9 a.m. All District personnel are invited to participate. Call the Rend Lake Management Office to pre-register.

## Fish line recycling

The Rend Lake Visitor Center now has a fishing line recycling bin. The recycling effort was started at the lake by park rangers after they learned about the offer from Berkley Outdoor Technologies Group to provide the bin and display.

## Science series

The Environmental Science Series, held at the Rend Lake Visitor Center on Saturdays, has been very successful. Recent workshops include an Illinois Department of Conservation hunter safety course, antique waterfowl decoys, and shorebird migration. The series ended August 29 with an archaeology of Rend Lake seminar by Dr. Mike Wiant of the Illinois State Museum.

## Mabery gone

John Mabery left the Rend Lake staff to become a wildlife biologist with the U.S. Fish and Wildlife Service at Crab Orchard National Wildlife Refuge. His new phone number is (618) 997-3344.

## Williams arrives

Alan Williams is the new Procurement Assistant at Rend Lake. He will be working with Brenda Choisser.

## Integrated River Management (continued)

On the strength of the results from this initial arrangement, I have directed an expansion and broadening of the Integrated River Management concept by creating a permanent team comprised of representatives from all disciplines that have an interest in river management - Navigation and natural resource personnel from Operations; water control, potamology and design personnel from Engineering; environmental and recreational planners and economists from Planning; field office personnel; regulatory representatives, real estate managers, etc. The purpose of this is to focus ALL of our river-related expertise so that our actions on the rivers will complement, rather than conflict with, our multiple missions of navigation, recreation, regulation, environmental preservation/enhancement, flood control, etc. This team will meet every other month and results from each meeting will be reported to the Project Review Board (PRB).

I have appointed Bill Sutton, Chief of Project Management Branch, to serve as Project Manager for this team. Bill will chair team meetings and will report results to the PRB. Right now, I'm preparing a Mission Statement that will formalize Bill's appointment and define the responsibilities and interactions associated with full implementation of IRM.

It is important to point out that IRM will NOT change functional responsibilities. That is, Engineering will still be responsible for

forecasting, design and costing; Operations will still oversee dredging, etc. However, we are acquiring channel-sweep survey technology, a satellite locational and transmitting capability and a graphical information system which, when tied to our CADD system, will multiply our data acquisition ability many thousand times. This wealth of new information should increase the capability of the functional elements and allow each office to provide its IRM team member with the best possible analysis of each item on the agenda.

After IRM goes through an initial "shake-down" period, I'm projecting that annual costs for the program will be on the order of \$900,000 with benefits in the \$2-5 million range. I have briefed the Division Commander on this concept and I received an enthusiastic response. I think it's only a matter of time before our lead position in the St. Louis District is recognized throughout the Corps, as other districts begin implementing our "home-grown" IRM concept.

I view IRM as a truly integrated management approach. It must be a flexible system, able to adapt to new and innovative ideas and approaches. It cannot be a "turf" battle and it must receive input from all elements of the District. My task is to give a clear vision of IRM and a clear mission. Your job is to learn about the concept and to provide your thoughts and ideas to make it a success.

## Most popular city: Boise, Idaho

Ryder Truck Rental recently ranked 150 U.S. metropolitan areas on families moving in against those leaving. The most popular destination was Boise, Idaho, where the

ratio was 16 to 10. The next three most popular cities were Springfield, Missouri; Nashville, Tennessee; and Wilmington, North Carolina.



## CSRS employees have another way to save for retirement

By Evelyn D. Harris  
American Forces Information Service

Employees who are part of the Civil Service Retirement System and who are already fully invested in the Thrift Savings Plan may be interested in making voluntary contributions to their retirement fund. This year, the accounts will earn 8.125 percent interest.

To take advantage of this savings avenue, eligible employees must first complete an SF 2804, "Application to Make Voluntary Contributions." Most DoD civilian personnel offices have these forms and will send the completed form to the Office of Personnel Management. After OPM accepts the application, it will assign an account number and send instructions for making payments. Employees should not send money with their applications.

Voluntary contributions must be in multiples of \$25. Interest accumulates tax-free until the employee takes the money out of the fund, normally at retirement. Maximum contributions allowed are 10 percent of the employee's basic civilian salary received since Aug. 1, 1920.

Employees can take their voluntary contributions plus interest in a lump-sum or apply them toward increased retirement annuities. Each \$100 in the account adds \$7 to the annuity; the annuity increases by 20 cents for each full year employees are over 55 when they retire. Designated survivors

receive the account balance if an employee dies before receiving annuities equal to his or her full contributions plus interest.

Employees may withdraw all (but not just a portion) of the money in their accounts at any time. However, if they withdraw it before retirement and before reaching age 59 1/2, they may be subject to a 10 percent early distribution tax in addition to income tax. Some disabled employees are exempt from the penalty. The IRS determines what disabilities qualify.

Employees in the Federal Employees Retirement System are not eligible for the program. However, if they opened a voluntary contributions account before joining FERS, they can keep the money already in the account.

Employees owing deposits to their retirement accounts must first pay those back before opening a voluntary account.

Financial experts recommend the voluntary account for those who are already contributing 5 percent of their salary (the maximum allowable amount for CSRS employees) to the Thrift Savings Plan. That is because the IRS does not consider money contributed to the Thrift Savings Plan part of an employee's taxable income.

Employees whose personnel offices do not have the enrollment form should write to: Office of Personnel Management, Employee Service and Records Center, Boyers, PA 16917.

## Hispanic Heritage Month

Hispanic Heritage month will be observed from September 15 to October 15, 1992. This year's theme is: 500 Years of Hispanic Heritage, 1492 -1992: "Contributing to America's Progress." The historical significance of this year's theme is in concert with the 1992 National Quincentennial Celebration.

Hispanic Americans continue to increase in numbers in the federal workforce and to make valuable contributions to the mission of many federal agencies. By the year 2000, Hispanic Americans are projected to represent about 29 percent of the new entrants into the workforce. Presently, however, they represent only five percent of federal civilian workers.

The Army is proud to honor Hispanic Americans, both military and civilian, for their contributions to readiness, the security of our nation and the preservation of peace. We ask that you join us in recognizing these contributions through participation in our National Hispanic Observance Program, September 30, from 1000 to 1100 hours in the RAY Building 2nd Floor Auditorium. This program will be hosted by the St. Louis District, the U.S. Coast Guard and the Department of Housing and Urban Development. We have planned an informative as well as exciting program. Everyone is welcome!

Diadra Henley-James  
Hispanic Employment Program Manager



# Williams new chief

The United States Senate confirmed Major General Arthur E. Williams as the Army's 48th Chief of Engineers and Commanding General of the U.S. Army Corps of Engineers, and his promotion to lieutenant general. General Williams became Chief during change of command ceremonies on August 24.

General Williams was Director of Civil Works before becoming Chief of Engineers, a position he held since July 1991. Brigadier General Stanley G. Genega, who was Division Engineer for the South Atlantic Division, became the new Director of Civil Works.

General Williams is a 1960 graduate of St. Lawrence University in Canton, New York, where he earned a bachelor's degree in mathematics. He holds a bachelor's degree in civil engineering from Rensselaer Polytechnic Institute in Troy, New York, and a master's degree in civil engineering/economic planning from Stanford University in Stanford, California.

General Williams is also a graduate of the Engineer Basic and Advanced Officers Courses, the

U.S. Army Command and General Staff College, the U.S. Naval War College, and the JFK School of Government, Harvard University. He is a registered professional engineer in the state of Minnesota and is a member of several national engineering and honor societies.

Other Corps of Engineer assignments General Williams has held include Division Engineer for the Lower Mississippi Valley Division, Division Engineer, Pacific Ocean Division, Chief of Staff, Headquarters, District Engineer, Sacramento District, Assistant Director, Upper Mississippi Region, and Deputy Commander, St. Paul District.

Among General Williams' military decorations are the Legion of Merit (five awards), the Bronze Star Medal (two awards), the Defense Meritorious Service Medal, the Meritorious Service Medal (three awards), the Army Commendation Medal and the Army Achievement Medal.

General Williams is a native of Watertown, New York, and is married to the former Carole Waite of Watertown. They have three children, Scott, Christina and Cheryl.

## Ste. Genevieve reunion in Oct.

There's going to be a reunion of those who served aboard the Dredge Ste. Genevieve.

The Ste. Gen. has been refurbished. It is now a museum moored in Cincinnati. The Ste. Gen. reunion will be part of the Tall Stacks Festival in Cincinnati from October 15 through 18.

For more information, write to Ms. Virginia Bennett, Harbour House, 22 Swain Court, Apt. 202, Covington, Kentucky, 41011, or call Mr. Jim Swift at 314-725-9467.

## WWII test error

Because of our usual desperate haste to get ESPRIT to the printer on time, another error has been made. Question 9 of the WWII knowledge test I stole from another District's news bulletin asked the name of a pass where a "Japanese" attack occurred. It should have read "German" attack. I should have taken the time to look at the material more carefully. It came to me flawed and I used it flawed. Sorry. It's hard to be both FAST and CAREFUL. We try, but...

## Three basic elements to good parenting

Being a good parent, says family psychologist John Rosemond, is a practical process that can tolerate lots of error and still turn out well, especially if you concentrate on basic elements like these:

**\* FUNCTION.** This is the making of choices between what a child needs and what a child wants, separating the necessary from the unnecessary. Parents must draw a clear line, which isn't easy.

**\* OBLIGATION.** Your obligation as a parent is to give children all they need, along with a small amount of what they want. This gives them the opportunity to figure out some things for themselves. Things children need to handle, for the most part, on their own are: organizing time, occupying themselves and solving academic and social problems.

If you give kids too much, they have very little to figure out on their own. Most children have more than 100 toys by the age of 5, and they still complain of being bored. The key to correctly satisfying wants is a willingness to say no more often than yes.

**\* PURPOSE.** Your main purpose is to help children develop lives of their own. Independence is a process, not an event that suddenly happens. Always encourage children to confront reality.

When parents meet all a child's needs and deny most of the wants, they provide the child with incredible self-sufficiency. Then the child develops self-esteem, according to Rosemond, which leads to success.



# Food Pyramid: New shape for a healthier you

By Rudi Williams  
American Forces Information  
Service

In trying to keep Americans healthy, the Department of Agriculture went from a circular food guide in 1946, to a "basic four" guide in the 1950s, to a food wheel in 1984.

Now, to lead Americans down the path of food righteousness, agriculture nutrition experts have come up with another geometric figure - a pyramid.

"At a glance, the pyramid will help Americans understand more about the foods they need, from what groups and in what amounts," said Edward R. Madigan, secretary of agriculture. "For example, the pyramid clearly shows that fats, oils, and sweets

should be eaten sparingly."

Dick Thaxton, an agriculture department spokesman, said the food-guide pyramid represents ongoing research in the nutrition areas and trends in Americans' eating habits. He said the trend is toward more breads, cereals, rice, pasta, vegetables with less milk, cheese and eggs.

"We're aiming this at all Americans, but we hope it will help people on limited incomes eat more nutritious food and also stretch their food dollar," Thaxton said. "For those in the upper economic segment, we hope it will provide them information as to how to best select foods that're good for them instead of foods they just want."

The food-guide pyramid recommends six to 11 daily servings of breads, cereals, rice and

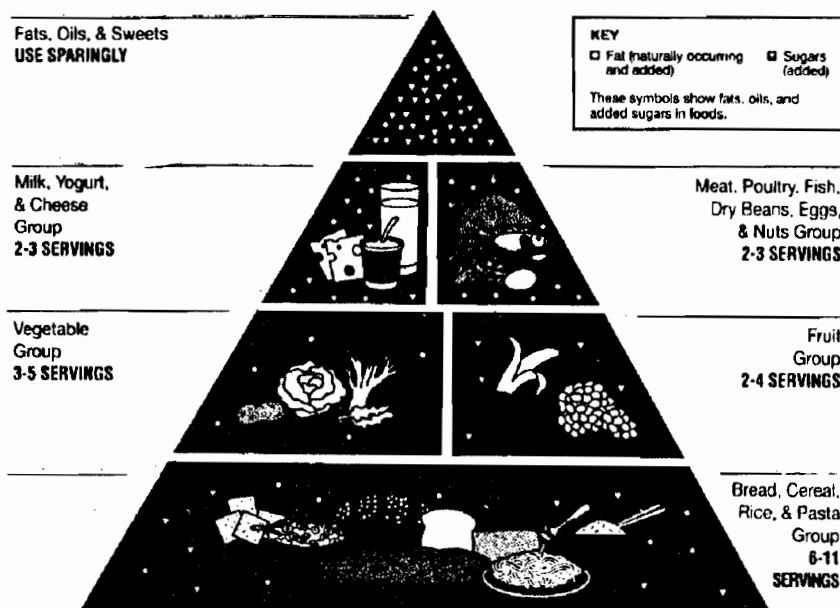
pasta; three to five servings of vegetables; two to four servings of fruits; two to three servings of milk, yogurt and cheese; and two to three servings of meats, poultry, fish, dry beans and peas, eggs and nuts.

"All foods are important to a balanced diet," said Madigan. "If the pyramid recommends fewer servings of one type of food than of another, that doesn't mean one food is less important than another. All foods provide important nutrients. The trick is making lower-fat choices."

Madigan said the new graphic shows the three essential elements of a healthy diet: proportion, moderation and variety. Agriculture officials define proportion as the relative amount of food to choose from each major food group. Moderation calls for Americans to eat less fats, oils and sugars. Variety emphasizes the importance of eating a selection of different foods from each of the major food groups every day.

The pyramid reflects advice set forth in the Dietary Guidelines for Americans, a joint publication of the agriculture and Health and Human Services departments. This represents the federal government's official advice on how to achieve a healthy diet.

## Food Guide Pyramid A Guide to Daily Food Choices



## Nod notes

Consider this translation of head movements made by the person you are talking to:

One nod: "I understand."

Two or three nods: "Tell me more."

Rapid, continuous nodding: "Stop! It's my turn to talk!"



## To your health

# Back to basics: Taking care of your back

By Ashokkumar Patel, M.D.  
BarnesCare Surgeon

Oh, my aching back! If that phrase sounds familiar to you, you're not alone. Many people suffer from back pain, and the causes are as varied as each person. Here are answers to some common questions that may help you learn how you can avoid or minimize back pain, at work and at home. Knowing the basics of back care can make the difference between a healthy back and an aching one.

Why is the back so susceptible to injury?

Your back is the main supporting structure of your entire body. Along with your muscles and joints, it allows you to sit, stand, bend and to bear weight. But the back is also a delicate, finely balanced structure that can be easily injured if you don't care for it properly. A healthy back is a balanced back, in which your neck, chest and lower back curves are all properly aligned. A healthy back is also protected and supported by flexible, elastic discs and well-toned muscles.

What causes back pain?

Various conditions, such as curvature of the spine, and worn out or ruptured discs, can cause back pain. But it's more important to keep in mind that most backaches are worsened by poor posture and weak muscles. Improper posture can place excess stress on your spinal column. Over time, this can cause sudden or recurrent back pain. The other

culprit is weak muscles, which can contribute to poor posture, since they cannot adequately support the spinal column. Lastly, many back problems originate when people lift heavy objects incorrectly.

How can I improve my posture and strengthen my back muscles?

If you work at a desk, place a small pillow at the back of your chair seat to support your lower back. Move your seat as close to your desk as possible, to keep from bending forward or slouching. Angle your work (or VDT screen) so you can look straight ahead rather than down. As for strengthening, bent-knee sit-ups, leg lifts, hamstring stretches and pelvic tilts are good exercises for back muscles.

How can I avoid injury when lifting heavy objects?

Safe lifting techniques keep your back in balance and can protect your back from accidental strain and overload. The first step in safe lifting is to think. Can you reasonably lift the load? If it's manageable, begin by tightening your stomach muscles and tucking your pelvis to keep your back in balance. Next, bend your knees instead of your waist to lift the object. Let the large muscles in your legs support your back and carry the weight. Hold the object as close to your body as possible, then gradually straighten your legs. Avoid twisting your body when you lift or carry heavy objects - it can increase the load on your spine and lead to serious injury.

## Filter removes coffee's cholesterol- raising factor

Coffee drinkers were concerned when it was reported that "boiled" coffee raises the level of cholesterol in the blood. Oddly, drip-filtered coffee does not.

Now, Dutch scientists say their findings indicate that paper filters used for making drip-filtered coffee are responsible for removing the cholesterol-raising factor.

They report that when boiled coffee is filtered through a paper filter, the fat-rich component is filtered out. Boiled coffee then has both its lipids (fatty substances) and its cholesterol-raising properties removed.

## Lifestyle, not age, damages skin

According to University of Pennsylvania dermatologist Albert Kligman, M.D., Buddhist monks in a monastery outside Tokyo are examples of people with the most ageless skin in the world.

The group of monks has been examined every year for the last seven years and, although many monks are in their 90s, their skin has almost no wrinkles, blemishes or rough spots.

Their secret? A mostly vegetarian diet, daily practice of stressless meditation and walking in a garden which is almost entirely shaded by trees.





## Retiree Review

By the Retiree Correspondent

August 20 found the retirees again at the Salad Bowl with 26 in attendance. This was quite a let down from the July meeting. Several of our regulars were out of town. It was a very enjoyable gathering - visiting, reminiscing, picture showing, etc.

The Jim Bakers hurriedly left for California as one of their grandchildren had been in an accident. Hope nothing serious. The Elmer Huizengas were visiting their son and two grandsons in Delaware when Estelle had the misfortune to break her leg. She was in the hospital at last report. Good luck, Estelle. Hope your recuperation is quick.

Jack Niemi, the District representative, is always welcome with his usual information update on the "goings on" at the District, both present and future. Reorganization, lock and dam rehabilitation and other things of interest were discussed. By now there is a new Chief of Engineers. Congratulations to him. Jack brought a copy of the March 15, 1930, organization chart. It was like a trip down memory lane remembering the people on this chart who we knew, but all are gone to their rewards. Bob Maxwell said he came to the District two months after this chart was printed.

Clif Forderhase was the longest retired person with Howard Beinke the runner up. We have missed William Haynes and Joe Tadlock the last few months. Hope they're back soon.

No new people were reported ill except Estelle. Hope all are fine.

Paul Trauth brought his charming wife Ruth for the first time, come again Ruth. Bob Lutz brought two charming young ladies (his granddaughters) as guests. Welcome, come again.

We offer our condolences to the Eugene Zerega family. Gene passed away August 8 in Greenville, SC and was buried here beside his wife on August 12.

It was also reported that James Dorsey had died suddenly on July 17. Jim was the a supervisory engineer on the Melvin Price Lock and Dam. Condolences to his family.

It was brought to my attention the death of Charles Galik had been overlooked in this column. Charlie had worked at the Division office when it was in St. Louis. His wife, Viola, had been employed in the District for many years. Several retirees attended his wake. Condolences, Viola.

We are almost out of Retiree Rosters. If you wish to have your telephone number added, or if there is a change of address or mistake, call Kate Stiles, (314) 849-5388 or write to her at 12162 Blackhall Drive, St.

Louis, MO 63128. Each retiree will get a copy of the revised issue.

See you next month at the Salad Bowl on September 17, about 11:30.

Mark your calender.

### Retirees...

Lewis Kent, Lockmaster at L&D 24, retired July 1 after 26 years of service at the lock (3 1/2 as lockmaster) and 31 years of federal service. Lewis plans to stay in the Clarksville, Missouri, area.

### Condolences

The District was saddened by the death of Gene Zerega. Gene was a former Real Estate Division employee.

## Prescription for CD shock: U.S. Series HH Bonds

Savers who want regular interest payments, a secure investment, and better rates than certificates of deposits pay, should consider Series HH U.S. Savings Bonds.

Series HH is a less well-known U.S. Bond which carries some attractive features. They are purchased at face value and make semi-annual payments of 6 percent a year. The interest is sent by electronic transfer directly to the bondholder's bank account. The interest is exempt from state and local taxes.

The bonds have a 10-year life and can be extended for another 10 years. They are issued in denominations of \$500, \$1,000, \$5,000 and \$10,000.

The interest rate doesn't change during the life of the bond. However, if interest rates jump, you can cash in these bonds without penalty or loss of principal and look for better returns elsewhere.

Series HH bonds can only be purchased with Series EE Bonds, but Frank Riley, Treasury's New York district director for U.S. Savings Bonds, says savers can purchase EE bonds and convert them to HH bonds after six months.

According to "Business Week" magazine, this plan is a good prescription for CD shock. When certificates of deposit mature today, savers have the unappealing choice of rolling them over at about 4 percent or investing in something that pays more but the principal is at risk.



## Security May Have Obsessed the Nation, But...

# SILENCE SAVED COUNTLESS LIVES

**D**uring World War II, security became a national obsession.

Posters plastered walls, fences, barracks and factories telling Americans that "Loose Lips, Sink Ships."

Soldiers were told to let their M-1 rifles do their talking.

Americans were told that "Silence Means Security." If someone knew a secret, "Keep It Under Your Hat."

Posters reminded Americans there were lives in danger from breaches of security. One showed a drowning sailor, his sinking ship in the background, and the words "Somebody Talked."

The scenes weren't too far-fetched. The Nazis tried to land spies on Long Island in 1942. An alert Coast Guardsman captured them.

Security blanketed New York City, Boston, San Francisco and other ports that convoys sailed from. Officers censored GIs' letters from the war fronts to ensure against inadvertent leaks, such as where the GIs were.

Security sometimes seemed ridiculous. A crossword puzzle writer received a visit from Army intelligence: The writer had included several of the code names used in the Normandy invasion as parts of his puzzle.

The most massive security effort of World War II involved the Manhattan Project, which researched and built the atomic

bomb. Mammoth industrial plants were built across the nation to provide components for the bomb. The Oak Ridge, Tenn., plants to separate uranium isotopes dwarfed anything seen to date. Yet few there knew exactly what the project was all about. Asked what they were making at the plant, many said "\$1.25 an hour."

Others — more politically minded — said "the front end of horses for shipment to Washington."

During the war, many project scientists felt the security restrictions were fatuous. After the war, the United States found the constraints weren't tight enough: Someone had infiltrated the Man-

hattan Project and had delivered the secrets to a foreign power. It wasn't Nazi Germany or Imperial Japan that penetrated the organization, but our ally — the Soviet Union.

